

What's Inside



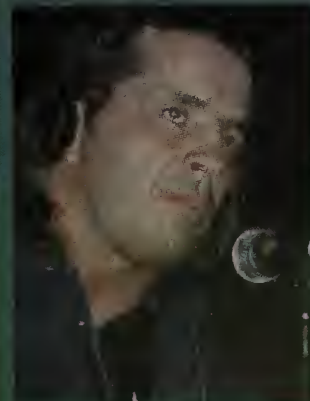
Student forum held on tuition fees in the Sanctuary.

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DSA promotes safe sex by purchasing 5,670 condoms to serve the needs of its members.

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Brother Hinton Hart comes out of the shadows to promote documentary.

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COMMENTARY

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Turnout to student forum surprising

Conestoga remembers

Honouring the heros of war

By Sarah Thomson

The relics of wars including a rusty uniform in the attic, ribbons and medals, snapshots in photo albums, are all many people have left to remind them of the wars that have occurred.

DSA's annual Remembrance Day service was focused on the theme of the "terrible beauty of war." Volunteers read excerpts from literature written by Canadian soldiers to put a more human face on war.

"We march with drooping heads and bowed backs, sore from the tips of our toes to the hair on our heads," wrote Thomas Dineson, when the new experience of war and the camaraderie it contained soon wore off.

When soldiers weren't marching they were in the trenches required to attack impregnable positions and the shelling in the trenches was devastating. Charles Harrison's essay on shelling described the horror of the trenches: "I am beyond mere fright. I am frozen with an insane fear that keeps me cowering in the bottom of the trench."

This year is the 58th anniversary of the Battle of Britain where the Allied Air Forces suffered heavy losses. Despite the danger, pilots had a special love for flying, illustrated by J.G. McGee who "topped the wind-swept heights with easy grace."

Another experience of the war was the meeting of the Prisoner of War. Were they really inhuman and evil as they were depicted?"

See Remembering . . . Page 8



Gerry Cleaves helps plant the Remembrance Day memorial tree near the college's pond.

(Photo by Sarah Thomson)

LASA supervisor suffers stroke

By Lisa Wilhelm

Recently retired law and security administration teacher, Bob Hays, suffered a stroke in his Cambridge home on Nov. 13 at 2 a.m. Police and ambulance arrived within minutes of the incident and he was taken to Cambridge Memorial Hospital, according to LASA co-ordinator Don Douglas.

"At this particular point, he has been stabilized," said Douglas. "But I don't know what his medical situation is or how severe it really was."

Hays, who retired in this year, is still teaching to finish off the academic year. He taught a law course in the LASA program



Bob Hays

and also in the continuing education program.

He was recently honoured at the Conestoga College Guild Reception on Nov. 10 for 30 years of service to the school. Of those 30 years, he was LASA program co-ordinator for 23 years.

Guild honours its members and retirees

By Sarah Thomson

The annual Conestoga College Guild Reception recognizing long-serving employees of the college was held in the blue cafeteria on Nov. 10.

Presentations were made to employees with 10, 20, 25 and 30 years of service to Conestoga, as well as those who have retired during the year.

Mingling among the crowd, employees caught up with their colleagues during a wine and cheese reception, which started the evening at 7:30 p.m. in the blue cafeteria, specially decorated in blue and white draped tables with candles.

Sandra Hanmer, chair of the

board of governors, welcomed the crowd at 8:00 p.m. and the awards followed until 8:45 p.m.

Hanmer recognized the retiring board of governors' members Louise Collis, Adrian Hart and Ralph Zuccala, who were not in attendance.

She gave awards to William Cunningham and Lyle Williams, who have served four years, and six years respectively.

Jacqueline Mitchell, who has been on the board for six years and has been the chair for the last two, was also honoured by Hanmer who admits she hopes she can do as good a job, and that she has "big shoes to fill."

See Guild . . . Page 2

Conestoga College hires alumni services officer

By Jacqueline Smith

Recently, Conestoga College's alumni association designed a new position and has hired a volunteer of the association to fill it.

Monica Himmelman, started her new job as an alumni services officer on Oct. 26 of this year.

"Luckily, my qualifications fit the design," she said.

Himmelman said she has been a volunteer on the alumni board since it started in 1990.

"So, although I am new to this position, alumni services is not new to me," said Himmelman, adding that she is the founding president of the alumni board of directors.

Like the 12 volunteers of the association, Himmelman is a Conestoga graduate. She

graduated from the social services program in 1970 and is presently teaching lifespan development in the continuing education department.

Himmelman is also the past chair of the social services advisory committee.

Prior to returning to the college, Himmelman was employed for 20 years by the Region of Waterloo in the social services department.

"What I hope to do is to raise the profile of the alumni services office both off and on campus," said the mother of two.

Himmelman said one of the more traditional ways in which she plans to raise the profile of the association is to make presentations to student groups, especially those students who are in their final year, and other interesting groups in the

community.

Alumni services publishes a magazine, Connections, twice each year, which features graduates of the college.

"It goes to 22,000 people, all of whom are graduates that we have addresses for," Himmelman said, adding that the association mails magazines to every part of the world.

"We have graduates in Australia, China and all over the United States," Himmelman said. "Especially our tech graduates, they really represent us well."

All of our graduates do, but they get the most interesting jobs. One guy we had even worked in Egypt for a while."

Overall, Himmelman said she is really looking forward to her new job and that she believes it will be rewarding and fun.



Monica Himmelman, a past graduate of the social services program is the new alumni services officer, a position that was recently designed. (Photo by Jacqueline Smith)

Conestoga student still unconscious

By Lisa Wilhelm

Janelle Cretier, 20, a second-year general-business student at Conestoga College, was still unconscious Nov. 12, at the Wingham and District Hospital after a single-vehicle accident that occurred at 2:10 a.m. on Sept. 20.

Cretier, originally from Wingham, was northbound on County Road 12, two kilometres north of Belmore, when the mishap occurred. Investigating officer Const. Dennis Thompson of the Walkerton OPP, said the

investigation is now closed until at least Cretier comes out of unconsciousness.

"We only have one witness to the accident, and she's unconscious," said Thompson.

Cretier, who was moved to Wingham after being in the London Health Sciences Centre, was driving home from a social gathering in Belmore when her vehicle left the road, went down an embankment and hit a steel culvert.

After the vehicle flipped end over end out into a field, Cretier was thrown from the vehicle.

Retirees honoured . . . continued from page 1

John Tibbits, Conestoga College president, then took over the podium to welcome the award recipients.

He said the commitment of the workforce is getting better and better every year and that the next 10 years will be even better. The day is already arriving for colleges to get positive perceptions as a system, said Tibbits. He was referring to a recent Maclean's magazine article and an article in the National Post by Diane Francis.

Awards to college employees were presented in order of 10, 20, 25, and 30-year intervals. Thirty-seven people were celebrating 10 years with the college. Twenty people earned twenty years of seniority.

There were eight people in what Tibbits dubbed "the quarter-

century club," who have been working at the college for 25 years.

"Some of these people were embryos when they first started," said Tibbits as he introduced the group of employees who had been at Conestoga for 30 years.

There must have been a lot of interesting memories from the early years, remarked Tibbits. This group of 20 people included some people who have been with the college for 35 years before Conestoga College at Doon was established 31 years ago.

"Sometimes people refer to their work as a grind. You do have to keep up the grind. There are many repetitive actions, but let's recognize that it is the quality of the grind that really counts. Conestoga is really a great place to be grinding," said Joe Martin,

dean of applied arts, and a 30-year employee in his appreciation of behalf of college guild members.

The next awards were presented to the twenty-two retiring employees of 1998. Only nine attended to receive their award.

Sally Harper, formerly of the academic support division, delivered the appreciation on behalf of the retirees. Harper and her husband Steve Garbatt, who retired from the college last year, are enjoying their retirement together.

"Although retirement is a sort of heaven of small pleasures, we miss the challenges, the panic of start-up in September, students and colleagues. We miss the camaraderie of the college. It has been a long and significant part of our lives and it is important to us to be here tonight," said Harper.



The retirees of 1998: Backrow (l-r) Ted Goddard, Sally Harper, Robert Hays, Robert Currie, Robert Gilberts Front Row (l-r) Elizabeth Christner, Norinne Marsh, Janet Smith (Photo submitted)

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Conestoga graphic student wins \$2,500 for unique design

By Lisa Wilhelm

Marilyn Mushinski, the premier's parliamentary assistant with responsibility for voluntarism, unveiled the winning design for the new Ontario Medal for Young Volunteers at a presentation held at Conestoga College on Nov. 12. Jolene MacDonald, 23, a third-year graphic design and advertising student at Conestoga, was recipient of the \$2,500 cheque and a personalized plaque honouring her for creating the winning design.

The design features a line drawing of a trillium, Ontario's provincial flower. Each trillium contains the letter V, which stands for volunteer, plus a frontal, stylized rendition of a head. The medals will be struck in silver with colours added.

The presentation began with a greeting by Conestoga's president, John Tibbits, followed by a few words from Mushinski, who announced the new award in January 1998. She began by saying how volunteering in Ontario is very important and commending all the entries that were received. "The designs that were entered captured the essence of the award."

She went on to say that "the spirit and colourful design (by MacDonald) exemplifies the contribution by young people to voluntarism in Ontario."

Next came a few words from Elizabeth Witmer, MPP for Waterloo North. She expressed her thanks for each one of the contestants for the time and effort put into their designs. She then presented MacDonald with her plaque and unveiled the design with the creator to the audience of 70.

The contest was open to student artists and designers attending post-secondary institutions to create a new and unique



Jolene MacDonald poses with her mother Donna and MPP Gary Leadston beside her award-winning medal design.

(Photo by Lisa Wilhelm)

design for the medal.

Also in attendance, MPP Gary Leadston said a few words on what a good school Conestoga was and to congratulate MacDonald.

The three honourable mentions in the design competition were Cyril Frederick Chu, a student at Queen's University in Kingston; Matthew Donovan, a student at the Ontario College of Art and Design in Toronto; and Chris Joseph Lange, a student at Humber College in Toronto.

They each received personalized plaques commemorating their participation in the design competition.

MacDonald's medal will be presented to up to 10 people between the ages of 15 and 24 who have made a significant contribution to the community as a volunteer.

MacDonald, a graduate of Bluevale collegiate institute in Waterloo, was first introduced to the contest, along with her classmates, at the beginning of their second year. They were told that if they wished to enter, it had to be done on their own time.

She studied fine arts for one year at Fanshawe College in London before opting for Conestoga's graphic design program, which she said in an earlier interview, offers more business-oriented jobs after graduation.

Women's Resource Group donates to college activities

By Melissa Dietrich

The Women's Resource Group held a meeting in the cafeteria's Blue Room on Nov. 12.

The agenda for the meeting included a discussion about the recent contributions the group has made towards the school.

The contributions include a \$300 donation towards the purchase of more pamphlets for student services. They also contributed \$400 towards the DSA's presentation of Sue Johanson on Nov. 24 that will take place in the Sanctuary.

The group also discussed an update on its celebration that will occur on March 9 at Conestoga College's Waterloo campus dining room. The event will include a dinner, followed by song and poetry from 7 to 9 p.m.

Posters and tickets for the event will be available shortly after the beginning of the winter semester. Ticket prices have not yet been determined.

The menu will include an option for a vegetarian or a non-vegetarian meal.

However, the group feels that this event will go over well and expect a sell out. And even though it is an evening of celebrating women, the group said men are encouraged

to attend too.

Any money raised above the costs involved in the celebration will be donated to a local women's shelter.

There was also an update on the planned Dec. 2 presentation of Kim Pate of the Elizabeth Fry Society, who will be speaking about violence against women. Posters will be posted for the event a week prior to it taking place.

The five-member group also discussed what to do with the remaining \$400 they have. The money must be spent on a non-violent activity that could be a speaker or a workshop to help the students at Conestoga College.

Brainstorming ideas included a workshop about parenting. Another idea was for a way to help students get more information about their co-op placements before they go.

The idea of some kind of workshop for students to learn to deal with their anger was also discussed.

The group is looking further into the parenting workshop as a definite possibility to occur early next year.

The next Women's Resource Group meeting will be held on Dec. 3.



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Conestoga College Night

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DOAN STUDENT ASSOCIATION

Small turnout for forum surprising



Jaime Clark

The foosball tables went quiet and the usual hustle and bustle of the lounge died down as a panel of Conestoga College faculty took the stage to talk about something that concerns us all—tuition increases. The student forums, one at 10:30 a.m. and the other at 12:30 p.m., were held on Nov. 13 in the Sanctuary in the presence of less than enthusiastic crowds. In the first session, the lounge was half full of people, but unfortunately, most of those students were eating lunch or whispering among themselves. In the second session, approximately 35 people turned out and managed to keep quiet through the entire presentation.

Kevin Mullan, vice-president of finance/administrative operations, provided a thorough and comprehensive outline of the government's policy to increase college tuition by up to 10 per cent in the 1999-2000 school year. Tuition will go up no matter what.

The forums were held so students would have the opportunity to ask questions and voice their concerns about the tuition

increases and most participants took the opportunity to ask legitimate questions about where their money is going. Others used the forum to voice individual concerns about teacher attendance and dropping classes, which have nothing to do with tuition.

What I found most depressing was that hardly any students took an hour out of their day to find out what is going on with their school.

Numbers and dollar figures may be intensely boring to some people, but finding out about where your money is going, should be high on students' priority lists.

Approximately 5,000 students attend Conestoga College, yet only 35 people showed up for a student forum on tuition increases. Even more depressing is that last year, when tuition went up 10 per cent, only about five people showed up to the forums organized by the Doon Student Association. Something is seriously wrong here.

Obviously, there really isn't anything the student body can do, at least right now, to stop tuition from going up in the fall, but in the future, wouldn't it be nice to be armed with the information to fight a good battle?

I admit, I will be graduating in the spring and, therefore, the increase will not affect

The most common questions during the student forum



me. I also admit, however, that last year when tuition went up, I was ticked off. I also didn't take the time to attend the forum held to find out exactly what was going on.

What is it going to take for students to be

interested in what is going on in their school? Will the government have to increase tuition by 50 per cent for people to sit up and take notice? For your sake, I hope not.

Nov. 9 ad questioned

Free speech in ad space, too

On Nov. 10 at the Doon Student Association's executive meeting, a member raised the question as to why SPOKE would run an ad from another college.

The ad in question is for Sheridan College's post-graduate programs. It appeared in the Nov. 9 edition of the paper. There are various reasons for allowing Sheridan College to place their ad in SPOKE.

First, there is the important right of freedom of speech. Anyone wanting to advertise his or her product or service has that right and SPOKE has the right to print it, or, for good reasons of legality or taste, not to print it.

Besides, it's not uncommon to see other institutions advertising in their competitors' publications. One need only look at the Nov. 6 edition of the IMPRINT, the University of Waterloo's newspaper. It ran an ad for the Northwestern College of Chiropractic. Did anyone think twice when he or she saw it? Did you wonder how the IMPRINT could do such a thing? Probably not. There is also the important aspect of financial benefits. Businesses and various organizations pay money to advertise in this



Melanie Spencer

publication. It is what keeps other newspapers and magazines alive. While publishers may not like what the company is advertising, they will run the ad unless it is offensive.

But most important of all is to provide a service to our readers. By printing that ad, SPOKE helped students by showing them some of their post-graduate options. Many students were probably unaware of the programs offered at Sheridan. If just one reader took the time to look at the ad, then

this paper has served that person.

While there are many reasons for running the ad, I could only think of one reason not to. If the ad were of an offensive or questionable nature, it would not have appeared in the paper. I don't see who would have been harmed or offended by seeing this ad.

As it is, advertising is an important part of the print industry. As a reader, you have the ability to process the information and do what you will with it.



This ad appeared in the Nov. 9 edition of SPOKE.

Letter to the editor

Journalism professor takes exception to choice of words

Dear Editor,

I was surprised to read in the Nov. 9 issue that I seem to have become a quotable expert on just about everything.

There is, however, one thing that I feel really qualified to comment on and that is myself.

Near the end of the profile you did on me, you quote me as saying: "I still feel like I'm learning . . ." While I said something similar, I certainly did not use that particular phraseology which I abhor and which I point out in my writing courses as being an example of poor English. I might have said, "I still feel THAT I am learning," but I did not use like in that way.

Andrew Jankowski

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

Editor: Melanie Spencer; News Editor: Jaime Clark; Student Life Editor: Lisa Wilhelm;

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Lack of interest

Evening aerobic classes cease

By Jacqueline Smith

A lack of attendance has resulted in the cancellation of evening aerobic classes at the college's recreation centre.

"Unfortunately, there were only two or three people turning out," said Patricia Martin, a YWCA trained and certified instructor who teaches aerobics at the recreation centre.

Martin, who was also hired by the college as a fitness consultant, said the gym intimidates some people.

"The way it looks, the equipment looks like torture instruments, like things that are going to help them get sick," said Martin. "So, I try to tear all those misconceptions down."

The instructor said people tend to look at themselves in the mirror. She said she does not think it is a vain thing but more like, "am I



Patricia Martin, a YWCA trained and certified instructor teaches aerobics at the recreation centre.

(Photo by Jacqueline Smith)

getting better?"

Martin said the mind, spirit and body are the foremost important things in your physical well being. Outside of these comes physical

fitness, stress management, nutrition, and then self-responsibility.

"As a fitness instructor, I feel that to be a role model is to tell people that being thin is not the ultimate goal," Martin said.

She also added that there are so many other things to fitness that are more beneficial.

The instructor said she gets a lot of girls who come in and say: "Oh, I have to lose 20 pounds by 14 days or so."

"Realistically, I don't think that is healthy to do because when you drop weight fast, you tend to put it on a lot quicker after you reached your goal," Martin said. "What I try to preach is 'get fit for life', not just for that one hour engagement."

Martin said the most important thing to fitness is how the person feels.

"Students with hectic schedules say their stress level goes down, they sleep better and they are able to perform at a better level in college," Martin said, adding that exercise is a social and a "feel-good" thing.

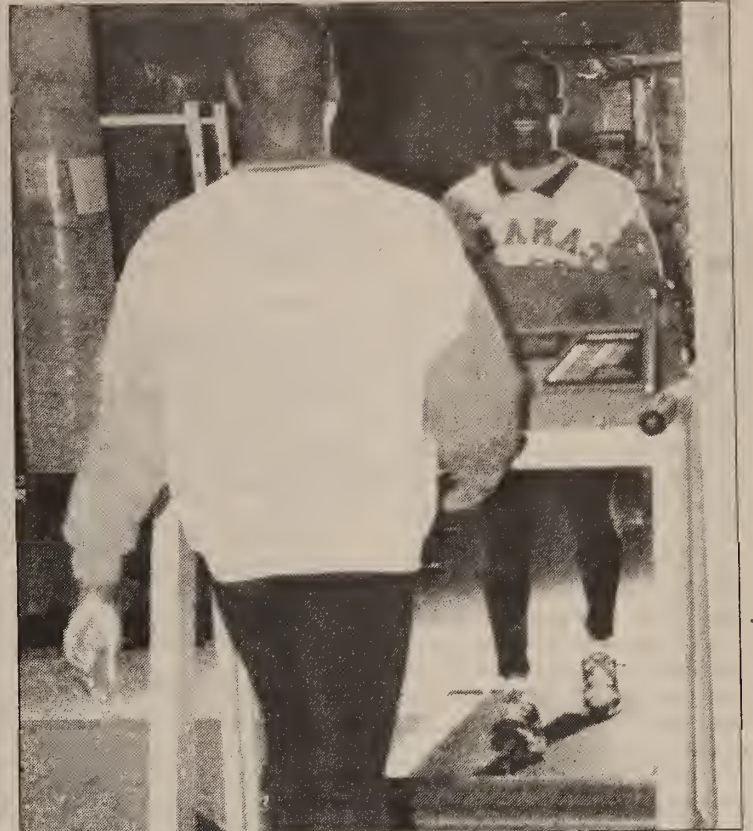
The fitness consultant said there are people whose sole goal is to lose weight but she told them to measure themselves, rather than weighing.

"When you drop weight fast, you tend to put it on a lot quicker after you've reached your goal."

Patricia Martin,
aerobic instructor at Doon

She said while weight loss is important, the most important thing is to gain lean muscle mass, and to lose the fat.

"A lot of my students say to me, 'Hey Trish, I've gained two pounds', and I'll say, 'That is OK



Ian James, athletic director at the recreation centre, tries out one of Doon's new treadmills.
(Photo by Jacqueline Smith)

because you have gained some muscle mass. You're not bulked up but you have lost fat and your muscles have become stronger and that's where you want to be."

Martin said contrary to the 1970s "no pain, no gain" theme, exercise should be a pleasurable activity.

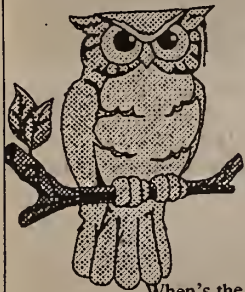
"I say 'pain turn back the gain'," she said, adding that she would be 100 per cent happy if she makes one student's life better.

Recently, the recreation centre added two new treadmills to the previous equipment.

Interested students can take full advantage of the facilities and classes, which includes aerobics on Mondays and Fridays that begin at 7 a.m. There are step classes on Tuesdays and Thursdays.

Martin said the college would start up an afternoon class if needed.

Healthwise



When's the last time you thought about your drug consumption? Never touch narcotics you say. That's great but there are more to drugs than simply narcotics. A drug is a chemical, synthetic or natural, that effects your physical function or your mental state (behavior and/or experience). Drugs range from caffeine to heroin. So can you get out of bed without your first cigarette of the day, or leave the house without that cup of java?

Our society's answer to a lot of problems is to take a pill, powder or potion. Trouble sleeping take a pill. Can't stay awake in class take a pill. Too much stress... In fact we take these pills so frequently that we don't realize that we are taking them. A great example is when you go to the emergency room or walk in clinic. When they ask you what medication you have been taking do you even think to say Tylenol or the Birth Control pill?

The most important thing to remember when taking drugs is to use them properly. It doesn't matter if the drug is an over the counter medication brand name, a prescription of insulin or a bottle of gin. Be aware of what you are putting into your body.

Ask yourself some questions like:

Why am I taking this substance?

Is it for medical or recreational reasons? Have you talked it over with your health care team?

What will happen to me if I stop taking this drug?

What dose am I taking, is it approved by the manufacturer?

Doubling the recommended doses of many over the counter drugs is a common but risky practice for many people

What time should I be taking this drug?

Some drugs work better if taken first thing in the morning.

What side effects will this drug have?

Can you drive a car or go to sleep if when you are on the drug.

What can I take this drug safely with?

Foods and other drugs can often times interfere with or cause dangerous reactions with certain drugs.

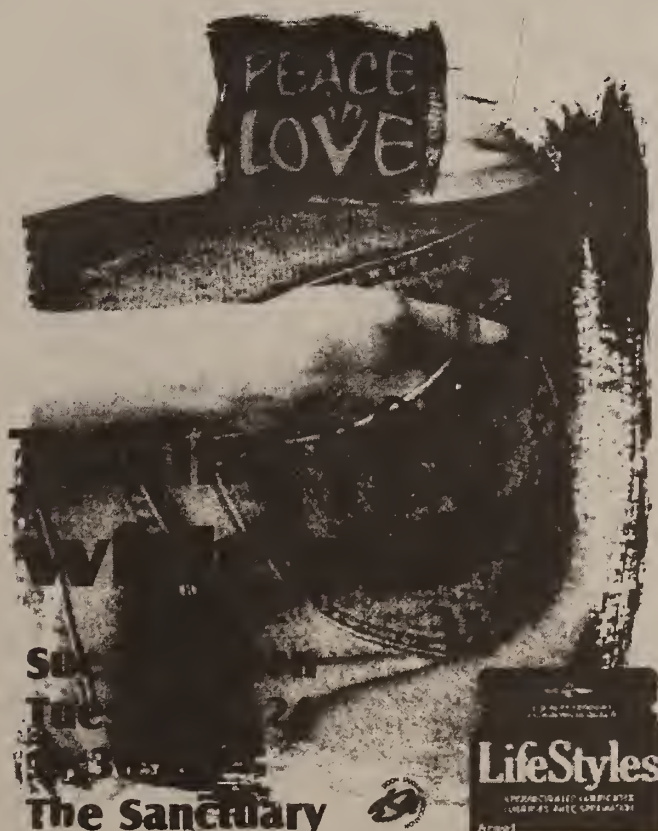
Should I be taking anything else with this drug?

Many drugs must be taken with or without food or another drug to reduce side effects.

Be responsible with the use of any psychotropic drugs, be they caffeine, over the counter medication or alcohol.

Shane Grace,
Semester 5 nursing.

If you have any questions feel free to e-mail
healthwise@conestogac.on.ca



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Hart wrestles shadows

By Ned Bekavac

It is a story that has transcended even the mysterious and wacky world of professional wrestling.

Bret Hart, Canadian legend, World Wrestling Federation champion, and good will ambassador for his sport, gets screwed out of the championship in his own country, for real.

Hitman Hart, Wrestling With Shadows, is a real-life look at a year in the life of the phenomenon known as Bret the Hitman Hart. Making its big-screen debut at the John Bassett Theatre in Toronto on Nov. 10, the event attracted 1,000 curious wrestling fans, media types, and the Hitman himself.

It was a year ago that Hart severed ties with the WWF's Vince McMahon, in a story that made headlines even outside the narrow confines of the squared circle. Hart was told to head to World Championship Wrestling, the WWF's main competitor, after McMahon cried poor. McMahon gave Hart "creative control" over his character for his final month in the WWF after Hart expressed fears about the potential tarnishing of the Hitman character.

The conflict came to a stunning, real-life climax at the 1997 Survivor Series in Montreal, Que., in front of Hart's home fans.

Produced by High Road

Productions in co-production with the National Film Board of Canada in association with TVONTARIO, the film is a brutally honest look at Hart's last weeks in the WWF and just how he and McMahon came to blows. The film features the all-too-rare backstage wrestling footage, where wrestlers are men, not cartoon characters.

"Of course, McMahon may be the brains of the Stone Cold character, but if he thinks there is anyone else in the world who can pull it off like Austin does, he's crazy."

Bret Hart, ex-WWF champion

Hitman attempts to portray WWF boss McMahon as a heartless, money-grubbing conceit. Sponsored by World Championship Wrestling, no wonder.

Heart-felt shots of Hart's wife, their children, and Hart's legendary father, Stu, rang heavy throughout the otherwise outrageously enthusiastic audi-

ence.

When the documentary takes its camera's to the fracas in Montreal, an all-too-rare behind-the-scenes depiction of professional wrestling is shown. Hart, the human being more than the wrestler, was double-crossed.

Though the documentary is laced with comical moments, and what wrestling film wouldn't be, you couldn't help but feel for the Hitman.

At movie's end, stepped from the shadows for a question/answer period for those in attendance. After a raucous reception, Hart, as candidly as he was allowed, revealed his feelings of the wrestling world.

"Vince McMahon treats his wrestlers like circus animals," Hart said. "Mankind falls 15 feet through a steel cage and his tooth goes through his cheek. McMahon isn't going to care where Mankind is going to be in 5 years." Hart was referring to the way McMahon has changed wrestling over the last four years. What was previously a cartoon-ish forum for good versus evil has become an adult-oriented sport where foul language, extreme violence, and sexual innuendo are commonplace. Hart's disdain for McMahon began when he was forced to act out the anti-U.S. role with the new Hart Foundation.

He said he remains friends with



The excellence of execution, Bret Hart, addresses the crowd Nov. 10 at the John Bassett Theatre in Toronto. (Photo by Ned Bekavac)

The Undertaker and sees his brother Owen at family functions.

When asked at the post-event reception if there were any wrestlers that he hated, he said Sean Michaels and Hunter Hearst

Helmsley, who Hart said knew of the double-cross. The movie showed both 'Triple-H' and 'The Hearbreak Kid' "swearing to God," to Hart's wife that they knew nothing of the sabotage plans.

"It's funny that both these guys kept swearing to God that they knew nothing of the plan, and look what's happened to them since." A believer in karma, Hart was referring to the career-threatening injuries both have suffered since. He also made reference to referee Earl Hebner, who suffered an aneurysm shortly after the incident. Hart repeatedly made reference to his track record: he had only missed two nights of work in 14 years with the WWF.

Asked about the universal phenomenon of Stone Cold Steve Austin, Hart said he had nothing but respect for the man.

"McMahon wanted all the credit for creating the Hitman character. When I said goodbye to Stone Cold Steve Austin, I told him that he better be careful that he doesn't get screwed the same way I did," he said.

"Of course, McMahon may be the brains of the Stone Cold character, but if he thinks there is anyone else in the world who can pull it off like Austin does, he's crazy."

When Hart pleaded to wrestling fans to stop supporting the World Wrestling Federation because McMahon has taken the sport away from the children, he lost some of the lustre of his earlier comments, as the diminished applause (after all, Canada has always been WWF-country), reflected.

Professional wrestling has experienced an unexpected and remarkable resurgence since 1995; thanks much to the war between McMahon's WWF and the Ted Turner-owned WCW.

Still, this real-life documentary was far more intriguing than any story line either McMahon or WCW honcho Eric Bischoff could have dreamed of.

Students voice tuition concerns

By Jaime Clark and Melanie Spencer

The Doon Student Association provided a forum for students on Nov. 13 in the Sanctuary so they could ask questions and express their concerns about the tuition increase. Two sessions were held. One at 10:30 a.m., and the

Full-time program cost will increase 10 per cent or approximately \$160

other at 12:30 p.m.

"Education is an investment in the future, the province's future and your future," said Jack Fletcher, director of student and recreation services.

Also with Fletcher were: John Tibbits, president of Conestoga College; Kevin Mullan, vice-president of finance/administrative operations; Fred Harris, registrar; Tony Pimenoff, director of information and technology services; and Pat St. John, chair of communications, vice-president of training and development and continuing education.

Tara Llanes, DSA education co-ordinator, started the 10:30 a.m. session by introducing Mullan who covered the financial background and explained the changes being made to college tuition.

Tuition fees for all colleges will go up in the fall in accordance with a government policy set up for the 1999-2000 school year. The maximum increase is 10 per cent, which calculates to approximately \$160 for full-time programs.

Following Mullan's presentation, the floor was opened for discussion, at which point some students left the lounge.

"This is your opportunity to ask (questions)," said Kristin Murphy, DSA president, to students who occupied half of the lounge.

Murphy made an attempt to get discussion going by bringing up the start time of the fall term. He pointed out that this year students started a week before Labour Day to avoid finishing exams on Christmas Eve. Tibbits responded by saying the college is reviewing semester length. Other questions concerned the open-access computer lab, the Ontario Student Assistance Program (OSAP), and the co-op programs.

The same format was used for the session at 12:30 p.m., before about 35 people.

Fund-raising was a major issue that was brought up. Questions were raised about how the college goes about raising money and if this is a viable option.

"Companies are interested in scholarships but it is a slow process because universities are usually out raising the money," said Tibbits. However, he went on to say the woodworking program alone has \$125,000 in bursaries, but the college will never get donations for operating costs.

Questions were also raised about whether or not tuition has to go up 10 per cent. "It's not like we're excited about raising it (tuition) 10 per cent. We realize the impact," Tibbits said.

He added, essentially, tuition is only going up seven per cent because 30 per cent of the increase goes to student aid. "At seven per cent for next year's

budget, we'll hardly break even."

Conestoga's financial position at the end of the last fiscal year on a \$54-million budget was a total accumulative surplus of about \$41,000.

Llanes said the forum had a much better turn out than the one last year, when about five people showed up.



John Tibbits, president of Conestoga College, fielded questions regarding tuition increases at the student forum held on Nov. 13.

(Photo by Jaime Clark)



Jeremy Gull, a third-year broadcasting, radio and television student, raised some issues at the student forum on Nov. 13.

(Photo by Jaime Clark)

Needling one another

Test injects tension into student nurses

By Dee Bettencourt

"I'm washing my hands, getting the vial and choosing the right needle. I am careful to insert the needle into the vial . . . without touching any glass," the voice drones softly to no one in particular, eyes focused intently on tense fingers.

In fact, Lab 2C7 at Conestoga College's Doon campus is very quiet and very focused on the afternoon of Nov. 10.

Fourteen student Registered Nurses (RN) and their teachers are preparing for the testing of each student's ability to mathematically calculate dosages of drugs from previously discarded ampoules, now filled with water. Headless and footless rubber torsos, with pale buttocks that can be partially lifted off to expose red subcutaneous tissue, muscle and other gory physical details, lie motionless on the lab's hospital beds, waiting to be palpated for the correct landmark of an injection.

A skillful syringe technique will garner a passing grade and the student will be compelled to insert physician-ordered needles filled with narcotics or other medications into actual patients during the next weekly visit to a local hospital, as part of the nursing program's requirements. Consent must be obtained from the patients.

"I'm nervous. We're all nervous," admits Letitia Tanner with a smile. At 21, the second-semester RN student has already completed 1 1/2 years of an honours bachelor of science degree at the University of Waterloo in preparation for optometry.

Tanner says she quit to take up her other choice of profession, nursing. "I got a job in an optometry office and found it extremely boring. Nursing may involve routine, but there are always different things thrown in every day. It's a lot more fast paced (than optometry), but I don't find it too stressful. A nurse should be confident and have a flexible personality."

Bev Barr, a nurse technologist assisting in preparations for the testing, says there are other labs also offering equipment such as



Student nurse Letitia Tanner concentrates on filling a syringe properly during a test on Nov. 10 at Conestoga College's Doon campus.

(Photo by Dee Bettencourt)

wheelchairs, bags of "intravenous" solution (water), vials, needles, spit dishes, bed pans and infant dolls in bassinets for the 275 students in the nursing program to practise on.

A medication cart holds vials,

varying sizes of syringes and medical charts of fictitious patients.

"We try to be organized. We have to have a system of doing things, otherwise you might give the wrong things to patients," Barr says.

"For instance, students have to make sure they're safe in a dose of Demerol (a narcotic analgesic or pain reliever) they give. They must decide how many points of a millilitre (ml) or tablets or elixir is to be given. If a partial dose of 60 milligrams (mg) is ordered, they will probably choose a 75-mg size of an ampoule from the 50-, 75- and 100-mg vials available to avoid wastage."

Lois Gaspar, chair of the nursing program, puts it even more bluntly. "Medications should always be ordered by milligrams. Without knowing how many millilitres in a milligram are required, you could kill somebody."

Meanwhile, Tanner has begun her test in conjunction with two of her classmates, under the scrutiny of teacher Andrea Sharp, RN. One peer notices a difference between doctor's orders and their transposition onto a medication administration record order she is

supposed to implement. Sharp tells the student she's gained "Brownie points" for her keen observation.

Tanner stays true to her description of a nurse, appearing calm as she verbalizes her movements and injects water into an orange sponge placed on top of one of the torsos. Congratulated by Sharp, Tanner and her friends pass the test, academically ready for the next hurdle to come their way as student nurses. Having already passed examinations on dressing changes, oral medications, blood pressure, bed baths and head-to-toe assessments, Tanner says she is looking forward to January's studies in obstetrics, a favourite subject of hers.

Barely through the injection test, Tanner already has a plan on how she'll safely medicate sick people: "You can't go in (to a hospital) and think you'll mess up. It takes practice and it takes patience. I've been to university and I've been to college. It is tough here. I work hard to get good marks. But it's great fun."

Look for another story on student nurses putting theory to practice at St. Mary's Hospital in Kitchener, as part of their clinical requirements.

Free condoms for students

DSA promotes safer sex

By Melanie Spencer

With safe sex being an important part of AIDS Awareness Week, the Doon Student Association decided to prepare itself by stocking up on condoms.

"We wanted to be prepared for this," said Gerry Cleaves, vice-president of student affairs. "When it comes to sexually transmitted diseases, your condom is your divider line."

He introduced the motion to purchase 40 gross condoms (5,760) for \$730 plus taxes and shipping at the DSA's executive meeting on Nov. 10. The motion was carried with nine out of 10

people attending in favour.

The condoms, which have a shelf life of six years, usually last two to three years, said Cleaves. But because the DSA handed out condoms out during various activities, they've run out.

"Condoms are inexpensive," he said. "When you buy these things in gross, you're looking at about eight cents a piece, where if you buy a package of 12, they're about a buck a piece."

After researching various companies, the DSA decided to purchase LifeStyles condoms because brand names are important to people, he said.

They have ordered both lubricated condoms and

condoms with spermicide.

As well, Cleaves said they will be getting flavoured ones for Valentine's Day and things like that.

He said those are fine, but the association doesn't want to waste the students' money on a novelty item.

"You want to provide the condoms, but you don't want to turn it into a joke," he said. "Flavoured condoms are fine, but you don't want to spend a couple of hundred bucks on condoms that are just going to end up all over the school."

The condoms are available throughout the year at the DSA's front desk for free.



Gerry Cleaves, DSA vice-president of student affairs, shows one place where you can store your condoms.

(Photo by Melanie Spencer)

CRAFTY BUSINESS!



Carol Merryweather, left, an interior design co-ordinator, and Colleen Scott, displayed their crafts at Conestoga College's fourth Annual Employee Craft and Hobby Show/Sale on Nov. 13 in the main cafeteria.

Photo by Melanie Spencer

Got something to say??

Write a Letter to the Editor

You can reach us by e-mail at:

spoke@conestogac.on.ca

or drop it off in Room 4B15

Cocktails at Pam's a crazy comedy with a twist of fun

By Judy Sankar

Cocktails at Pam's, an odd but amusing play written by Stewart Lemoine, has made its Ontario debut. The Waterloo Stage Theatre's latest production starring an array of characters with colourful personalities, is currently playing until Dec. 5.

Set in the early 1960s, Pam, played by Laura O'Conner, is hosting yet another cocktail party and she is insanely concerned with the success of it. Everything must run smoothly. The plot sounds simple but it merely acts as a root to a number of greater evils.

Pam's husband Julius (Frank Neary), for starters, is the nerdy passive type who listens to his wife and mumbles under his breath as she walks away.

The hired help is Rita (Tara Kent), a young woman who has never been a maid before. She's a bit of a clown really, bumbling around under the intense stare of the not-impressed Pam.

Soon enough, an array of guests arrive to add to the amusement of the play. Pam's brother Leon (Adam Sproule), for example who's the typical brash, cheeky young man. He makes a pass at



From left, Denise (Michelle Kreitzer), Max (Michael Forler), Sara (Rose Ryan), Lily (Cyndi Carleton), Virgil (Robin Bennett) and Cynthia (Poppy Ruetz), a group of strangers brought together by their hostess, Pam, get to know each other better.

(Photo courtesy of the Waterloo Stage Theatre)

every female guest, married or not, at some point during the night. It seems obnoxious but the way he acts around these women is so funny, you can't help but laugh.

Then there is Cynthia Dallas (Poppy Ruetz), a young actress from New York who performs in the Stratford Festival's King Lear. She plays the attractive but ditzy blond who was most likely a cheerleader in high school. Her sheer stupidity is what makes her funny.

Next up is a couple who are friends of Pam and Julius, Leon and Sara. The older, well-to-do

couple has a strange relationship. One minute they are angry with each other, the next they are making out. The other couple is Max and Denise. They come to the party dressed in bowling uniforms for later. Need anymore be said?

Finally there are Lily and Estelle,

two women who add to the chemistry of characters. At one point, for example, Estelle bursts into a fit of rage because of green peppers.

The 11-member cast of Cocktails is an explosive combination. As described, they are all colourful

people. Throw numerous cocktails, some of which Julius invents at the bar, and you can just imagine the twists and turns the night takes.

While much credit is due to the actors and actresses in Cocktails, credit is also due to director Brian Van Norman and costume designer Susan Beckerson. With 25 years experience in teaching, playwriting and directing, it's no wonder that Van Norman did such a good job.

Beckerson also did a good job with the costumes. If not for the costumes, one would not have recognized the time period.

Although this play is amusing and at some points all out hilarious, one must keep in mind that it is strictly for entertainment value. The warning against delving into the meaning of the play, written in the program, is good advice as there is no point to this play.

It's about a group of people who are loosely connected to each other by an extremely uptight woman, who drink their faces off and make fools of themselves for a night. Although the ending is definitely a twist, don't expect to have a better understanding of anything.

Don't expect to have the meaning of life revealed. Just expect to be amused for an hour and a half.

WORKING IN THE RAIN



Work continues on the new technology building despite nasty weather. It is expected to be finished April 1999.

Photo by Melissa Dietrich

Remembering war heroes . . .

Cont'd from Page 1

An unknown soldier wrote a description of what he saw. "He was just an average young man, he could have been one of us; neither arrogant or cringing." What about the people back home during the war? What were they feeling? Catherine, the name of a wife left behind expressed her thoughts, in a poem that was read by a volunteer. "She can't remember what he looks like—at all—that's what hurts—that's what's peculiar—losing him—a little—at a time."

Louis Keene wrote about the philosophy of the trenches. "It's all arranged for you, if there is a bit of shell or bullet with your name on it, you'll get it, so you have nothing to worry about. You are a soldier—then be one. This is the philosophy of the trenches."

The men who served in the war spent many years away from home; some spent more than six years away from home. Jean Margaret Crow's Six Years Apart described the importance of letters.

"The meaning of their sacrifice rests with our collective national conscience; our future is their monument," concluded Gerry Cleaves. O Canada was sung and about 10 people went out to plant a memorial tree behind the pond.

COUNSELLOR'S CORNER: RELATIONSHIPS

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that being a full-time student bring. A local Individual, Couple and Family Therapist, Barbara Pressman, developed a list of primary principles for a healthy relationship. Here are a few paraphrased ideas:

- Respect for the other person — no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- Safety is of utmost importance — no emotional or physical violence. If there is even fear, there already is hurt.
- Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- Inclusive decision-making regardless of earnings, compromising differences avoiding a win/lose result.
- Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought), and willingness to be assertive about expressing needs.
- Communication includes affection and sexual expression.
- These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

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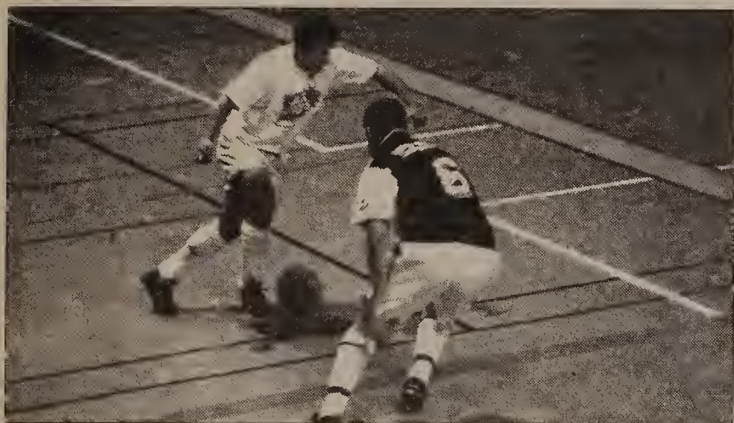
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Cabana Boys maroon Condors with 6-4 win



Danny Hashiu attempts to go past an opponent in the Condors' 6-4 loss to the Cabana Boys.
(Photo by Neven Mujezinovic)

By Neven Mujezinovic

In their third game of the Kitchener Indoor Soccer League season, the Condors men suffered a 6-4 defeat at the hands of the Cabana Boys on Nov 12.

This win puts the Cabana Boys in first place with nine points, while the Condors remain sixth with three points.

The Cabana Boys started strongly and took an early 2-0 lead. The Condors came back with a Dan Mihelic goal, but the half ended 3-1 for the Cabana Boys.

The Condors managed to tie it at three apiece, thanks to two goals

by Shaun Samuels and the fact that the Cabana Boys were short-handed for almost 10 minutes due to penalties.

Midway through the second half the Cabana Boys restored their two-goal cushion, before Andre Pereira pulled one back with a header.

The Cabana Boys ensured a

victory five minutes from time with another goal, making the final score 6-4.

The Condors can take consolation in that they were missing several key players and that they played well, though their finishing let them down. Also they will need to improve their passing game to be more effective.

Condors move indoors

Soccer season enters the gym

By Neven Mujezinovic

The Condors' soccer season moved indoors after the Ontario outdoor soccer championships ended on the last weekend of October.

Both the men's and women's teams are part of a Kitchener Indoor Soccer Community League. The women play in a six-team competition on Tuesday nights, while the men play in a nine-team division on Thursday nights.

Geoff Johnstone coaches both the Condors men's and women's indoor teams. He says he will use the time between now and Christmas to find out which players can make a successful transition from outdoor to indoor soccer.

"Indoor is a lot quicker-thinking

game," says Johnstone.

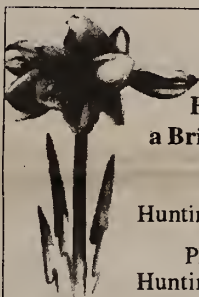
In the new year, the coach will hold a mini-camp and finalize the selection for the indoor teams. Johnstone will use the community league to shuffle some players around and find the ideal lineups so both the men and women will be ready in January when first college exhibition tournaments roll around.

Johnstone hopes the community league and the exhibition tournaments will prepare the Condors for the regional qualifiers and Ontario championships in March.

The women Condors started the league impressively with two victories and one tie, beating the Nights 2-0 and Kitchener Spirit 5-0 and tying the Alumni team 1-1. Daniela Sirio leads the Condors' goalscorers with three

goals, while Sasha Greutzmacher has two. The Condors are tied in first place with the Alumni team with seven points.

The men had to forfeit their first game because they were playing in the Ontario outdoors soccer championships, but they won their second game 5-1 against the Southwest Under-18 team.



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Board of Directors Meeting

Wed. Nov. 25
4:30 pm

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Three-game losing skid

Rough road for hockey Condors

By Ned Bekavac

The undefeated Conestoga Condors men's hockey team carried their perfect 3-0 record to Sault College for the first of a tough three-game weekend road trip Nov. 13. So tough, the Condors headed into their Nov. 18 game at Seneca College needing a victory just to put them over the .500 mark.

Despite battling back from a two-goal deficit, the Condors wound up on the wrong end of a 4-3 score against the Sault College Cougars.

Conestoga coach Ken Galerno had to make a goaltending change halfway through the hard-hitting game, but the Condors couldn't entirely recover. Conestoga got goals from Rob Horst,

Mark Hubble and Ramsey Hanlon. Ryan White added two assists.

"We played our hearts out. We had a short bench, with less than three lines."

Ken Galerno,
Condor coach

Things weren't about to get any easier as the Condors fell to the Cambrian College Golden Shield 6-2 on Nov. 14. Ryan Martin and Mike Traynor

scored for Conestoga.

The last of its three-game weekend was the heartbreaker. The Condors battled back from a 5-3 deficit only to lose 6-5 in overtime against the Boreal Vipers.

"We played our hearts out," Galerno said.

"We had a short bench, with less than three lines."

Galerno said the Condors dominated the first couple of shifts in overtime before giving up a 2 on 1 break on which Boreal managed to capitalize.

"We have to really put it together Wednesday to get over the .500 mark," he said.

After their game in Sarnia, the Condors finally return home Nov. 25, when they host the Humber College Hawks.



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DSA
ASSOCIATION

Kitchener native calls position dream job

By Neven Mujezinovic

Not many people these days can claim their job is everything they've ever wanted it to be, but a 28-year-old Kitchener native says his position is just that.

Devin Smith, media relations manager for the National Hockey League Players' Association (NHLPA), calls his post a dream job.

"If my boss comes in and sees me reading the Hockey News I'm doing my job. So it's pretty cool," says Smith.

Smith was at Conestoga College to meet up with journalism students in a simulated press conference environment on Nov. 13.

Before becoming media relations manager for the NHLPA, Smith held a corresponding post with the Vancouver Canucks.

Smith joined the NHLPA in July after he was offered the post in Toronto. His job is to deal with the media. Smith has to keep on top of all the information relevant to the NHL and keep the lines of communication between the media and the players running smoothly.

Just a few days ago, a woman from Montreal called him and asked him what percentage of the 675 NHL players were married.

Smith admits he did not know the answer to this question, but uses it as an illustration of the kind of interest there is in the players.

With the NHL attracting global appeal these days, Smith and his staff are always busy. Each morning, Smith compiles a 30-page document on the newest information, columns and articles about hockey and then e-mails it to all his staff and players.

He also sits in on disciplinary

and other meetings, and travels a lot. Though the job does have some drawbacks, like a lot of time away from home, he says he enjoys it tremendously.



Devin Smith, media relations manager for the NHLPA, attended a press conference Nov. 13. (Photo by Jaime Clark)

"My job is to talk about hockey. How good is that?"

Smith divides journalists into two categories: those who are serious about their jobs and those who are not.

Nothing angers him more than a journalist who does not do his or her homework.

If he reads an article lacking information to make it an objective one, Smith will call the journalist and point out what information is needed to make the article less biased.

"I actually enjoy doing that," says Smith. "My wife thinks I'm a sick man sometimes."

Smith counts many hockey players among his friends. He talks to Pavel Bure occasionally and hopes the troubled star will return to the NHL soon.

His favourite hockey player and best hockey friend is Trevor Linden, who Smith says "is such a good person."

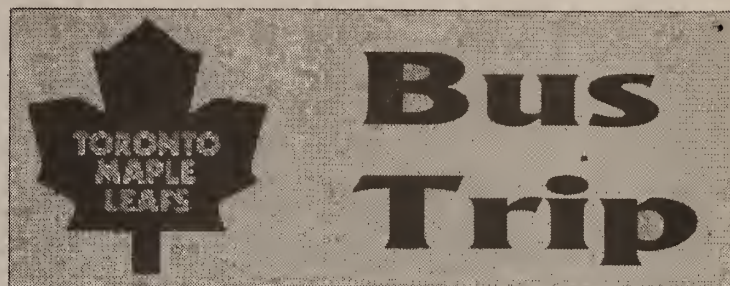
Smith thinks the attack on Canadian hockey has been overblown. After all, Canadians still make up 61 per cent of NHL players. Even though they did not

win a medal at the 1998 Olympics, the Canadians played well and are overall still the premier hockey nation in the world. Actually, the Czech Republic winning the gold medal is great for the game, according to Smith, because it will make hockey more global.

In the future, Smith would like to

get involved with a junior hockey team in marketing, or hockey operations, since he is a great fan of small communities.

"Somewhere down the road I think I'd like to slow down and not work every day of the year," says Smith, "but definitely not right now."



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